MSEC MONITOR

HEIDI GIETZEN
AUDRA NELSON

****

EDITOR.....

woody hayes

ASSISTANT.....

rae nelson

COVER ARTISTS....

heidi gietzen

audra nelson

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MSCC MONITOR....

for students....
by students....

Poetry contributions
by Robin Badger

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Don't worry if your job seems small and your rewards seem all too few — Just remember that the Mighty Oak... was once a nut like you.

EDITORIAL

....WHO IS IN CHARGE...
.....OF YOUR LIFE?....

by Woody

More and more, lately, we are being asked questions about our rights. Most of these are loaded questions, because what you like, someone else will dislike; what you dislike, someone else will enjoy. It is really difficult to be an individual in our society and at this time in our lives.

Most people are not arrogant, prohibition types who seek sadistic pleasure in restricting the enjoyment of others. Most people are truly nice, polite people who would extend every courtesy to a guest or a stranger but when it comes to the point of observing policies established at an institution for the health and welfare of everyone, some people are just not able to cope. It doesn't matter if the policies, or rules, are in regards to smoking in defined areas, parking in designated parking areas, or just coming to class on time. Some people, because of stress, are just not able to live within the periphery of society.

Stress is part of the fabric of living. Since one cannot live completely free of stress, it is highly important that we develop constructive, acceptable ways of dealing with it.

Continued ...

EDITORIAL

Some suggested methods of coping with the daily stress in your life are:

1. Get plenty of rest. It's easier to handle any problem when you're well rested.

2. Do something for others. It will take your mind off your own problems and give your self-esteem a great boost.

3. Take one thing at a time. Work on the most urgent problem first. When you've accomplished that, you'll have increased confidence to take on the rest.

4. Talk to someone you can trust. Verbalizing a problem will often help you find a solution. And, who knows, perhaps the person you confide in will be able to help, as well. And, that will boost the other person's self-esteem.

5. Work it off. Blow off steam with physical activity. Walk, jog, run, jump rope, play tennis, bowl, hike, backpacking, fishing..: do any physical activity you enjoy.

6. Resolve to be consistent. If you'll feel badly about doing something-don't do it. If you must do something-do it without regrets.

continued....

EDITORIAL

7. Balance your life. Schedule time for relaxation, recreation and being with those you love. And, be flexible. Be willing to rearrange your priorities to put your personal needs first from time to time.

8. Give in once in a while. You don't always have to be right. You aren't you know. Learn to realize when continuing the battle is not worth the cost in emotional energy - - - - then let go.

And, use your own special ways of coping with your personal problems.

YOU CAN BE IN CHARGE OF YOUR LIFE.

Hang in there.....
and have a happy today--
tomorrow and always!

"A generation which ignores history has no past and no future...."

MSCC Student Government 1981-1982

President
Lois Gordon

Vice-President
Jackie Thomason

Secretary
Simone Pelletier

Treasurer
Ron Sepka

Representatives

Robert Conway
David Leier
Robin Badger
Marilyn Mitchell

Tower — Mel Sorensen
Judy Cotton
Brenda Slater
Kay Cloud

UA Assembly organizes committees

At its first meeting of the academic year at Fairbanks on October 2-3, the Statewide Assembly elected standing committee chairpersons, standing committee members and a member-at-large for the executive committee.

The assembly's new president, Weston Van Loon of the Matanuska-Susitna Community College, presided over the sessions. He succeeded Dr. George West, the University's academic vice president, in the assembly presidency.

The assembly committees and their membership as now constituted:

Committee on Academic Matters

Diane Carpenter, chairperson, CCREE (Community Colleges, Rural Education and Extension); Rena Mulcahy, CCREE; Doreen Dailey, CCREE; James Wilson, UAA; Kolf Jayaweera, UAF; Michael Stekoll, UAJ; Charles Blood, CCREE; Ron Heintz, student, UAJ; Gary Stevens, alternate, CCREE.

Committee on Staff and Student Affairs

Stan Zielinski, chairperson, UAF; Mike Dougherty, UAA; Rochelle Sager, UAJ; LaRee Wilton, CCREE; John Morack, UAF; Elizabeth Dugdale, UAF; Mary Chambers, CCREE; Penny Forsmo, alternate, UAF.

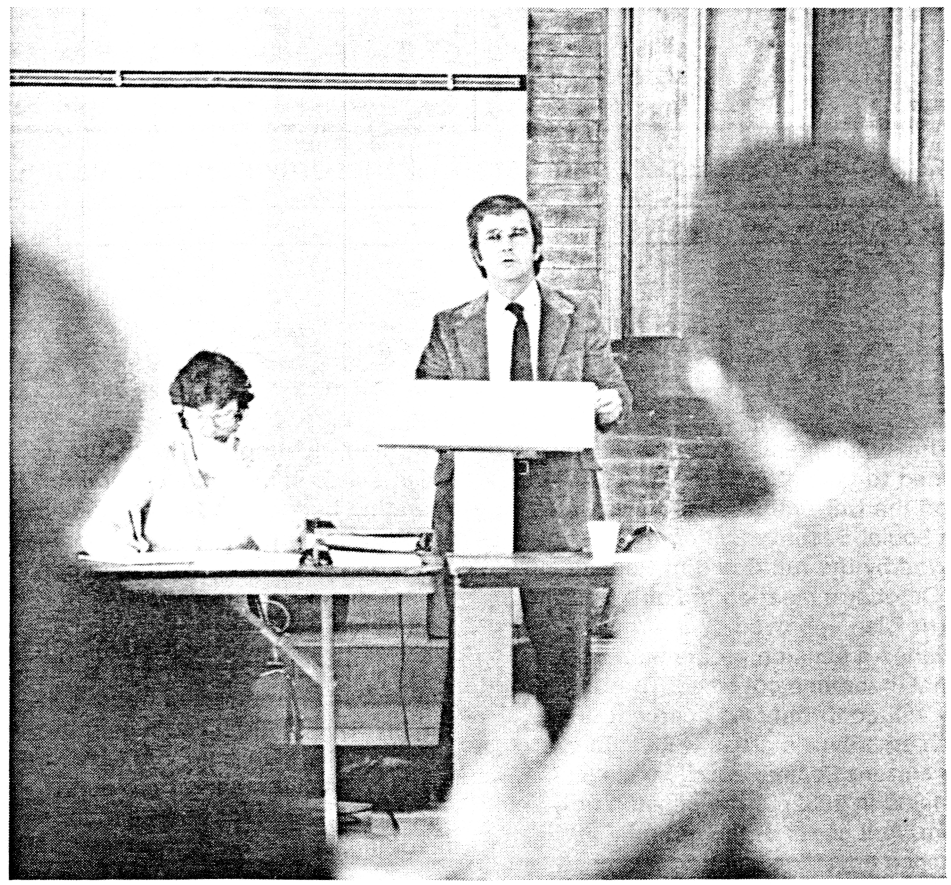
Committee on Budget and Planning

Michael Harker, chairperson, CCREE; Roberta Stell, UAJ; Roger Sheridan, UAF; Toni Jones, CCREE; Tom Cloonan, CCREE; Jo Frankfourth, CCREE; Robert Madigan, alternate, UAA.

Executive Committee

Weston Van Loon, CCREE; James Hotchkiss, UAA; Nina Sinkey, member-at-large, CCREE; Raymond Pastorino, UAJ; Penny Rohacek, UAA; C. Peter McRoy, UAF.

The executive committee will meet before mid-December to determine a date and location for the next assembly meeting.



New Statewide Assembly president Weston Van Loon, a teacher at Matanuska-Susitna Community College, presides at first assembly meeting of the new academic year, held on the UAF campus.

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ATTENTION STUDENTS

FROM: GLENN MASSAY, Dean of Instruction

We are in the process of creating the Spring 82 schedule. If you need any classes to be offered next semester, or have any suggestions, please fill out one of the class schedule questionaires.

There are some located at the registration desk and some on the round table by my office.

We would appreciate student input.

Thank you.

.....WELCOME TO MSCC....

IMMEDIATE NEWS RELEASE

MAT-SU COMMUNITY COLLEGE ADDS AGRICULTURAL EXPERT TO STAFF

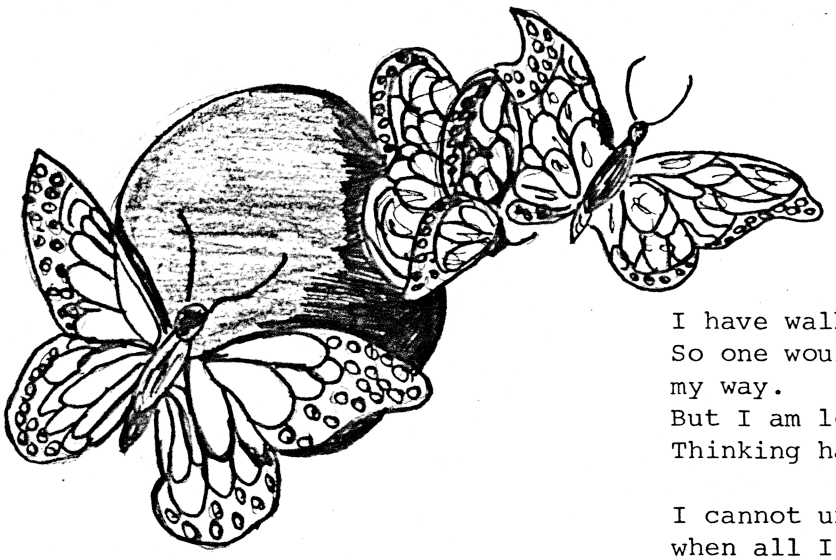
Alvin Okeson, President of the Mat-Su Community College announces the addition of Charles F. Marsh to the MSCC staff as Agricultural Instruc - Charlie, as most valley people know him, is a long time resident of the area, coming here from Kansas State University with his wife, Mary Louise and family in 1956. Charlie will work with Ted Berry, Agricultural Co-ordinator at MSCC, in completing and developing the two year Associate Degree Curriculum in Agriculture and assist in teaching new agricultural courses now being offered.

Charlie worked for 22 years for the Alaska Agricultural Experiment Station, University of Alaska and the U.S. Department of Agriculture as Research Economist conducting research in farm management and marketing. In 1977 Charlie was appointed by the Secretary of Agriculture to the position of State Executive Director for the Agricultural Stabilization and Conservation Service. He served in this capacity until May of this year. Charlie has always been a staunch supporter of agriculture and agricultural development. He has served on a number of agricultural committees including the Governor's Ad Hoc Agricultural Committee in studying and planning for the development of Alaska's Agricultural resource. Both Ted Berry and Charlie Marsh are excited with the challenge and opportunity to develop the Agricultural Department at MSCC and feel that the demand for agricultural education will grow as agricultural development continues in the state. They envision building a strong Agricultural Department at MSCC.

Glenn Massay, Dean of Instruction at MSCC, is very pleased with the initial enrollment of approximately 20 students in agricultural classes. This is the first time agricultural courses have been offered at MSCC that will lead toward an Associate Degree. The following courses are being taught this semester:

Introduction to Plant Science
Introduction to Animal Science
Introduction to Agricultural Business

Both the Campus President and the Dean of Instruction feel that the addition of agriculture offerings is a milestone in the development of community college education.



UNDERSTANDING

By Rae

I have walked along this road before
So one would imagine that I'd know
my way.
But I am lost, confused;
Thinking has become a chore!

I cannot understand
when all I ask
is that we be friends.
I do not want
nor do I ask
anything from you
nor do I want
you to ask anything from me.
Communicating is such a task!

We flit from one thing
to another,
pretending that we don't know
answers;
pretending that there is
nothing
between us.

And yet,
I cannot wait
to hear your voice;
to be with you
Just as you want to be
with me.
Emotions leave you
with little choice!

And so,
Together we walk
down this road
on which we've walked before.
We are human,
walking along the path of life;
not wanting to be hurt,
so we don't say the words.
All we do,
is try to understand,
try to fill the empty place.

..... FEELINGS .....

WELCOME

to the real world,
I am not perfect,
neither are you,
we are but human.

Our spaces change,
as with our need,
as time moves forward,
nothing stays the same.

I am not the same
as I was yesterday,
or will be tomorrow.
Neither are you.

Robin Badger

ME

I am an Optomist,
when I'm up.

I am a Pesimist,
when I'm down.

And a Realist
about life.

Somewhere between,
are my morals.

Robin Badger

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WHAT DO YOU CALL A SPOTTED POTATO?

Answer: A Spectate

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WES VAN LOON KNOWS

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When you're down and out,
lift up your head and shout...